



The Complete Yogurt Cookbook

Karen Cross Whyte

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What is yogurt? How can it beautify the skin? Will eating it lengthen the life span? Can yogurt be intoxicating? Is it really a calorie saver? Can anyone make it easily at home? These questions and many, many more are answered in The Complete Yogurt Cookbook, for the adventurous cook, seasoned yogurt devotee and sophisticated culinary collector. With over 250 recipes, this is the most comprehensive book on yogurt and cooking ever published.

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